

ABLE Bodies Participant Homework for Session 13

Flexibility

- Whole-Body Stretch

Posture and Core Stability

- Smell the Coffee
- Buddha's Prayer

Strength for a Purpose

On 2 days, do each exercise 8 to 12 times, as tolerated.

- Teeter-Totter Chair Stands
- Standing Heel Raises
- Side Steps Walking or Clock Stepping

Balance and Mobility

Pick one activity to practice each day. Put on some music you love and stand beside a handrail or counter for balance support.

- Box Step
- Rock and Walk
- Country-Western Heel and Toe

BALLOON KNEE SQUEEZES WITH ARM LIFT

The Start

- Sit tall in a chair with your feet almost touching.
- Place a balloon between your knees or thighs.

The Moves

- Squeeze the balloon tightly with your thighs.
- Add a single arm lift and reach directly upward with each squeeze. Allow your ribs to lift with each reach upward (The Up and Up or Venus de Milo style).
- Sit taller, if you can.
- Relax.
- Repeat 6 to 15 times as tolerated.

